

Activity Information & Courses

Antenatal Classes

Run by midwives, there will be 2 sessions. The first covering labour and birth and the second covering breast feeding.

Baby Massage, including GroBrain

Classes delivered by qualified instructors, suitable for babies 6 weeks - 10 months. GroBrain will support you with 'tuning' into baby's cues, cries and providing comfort, using smiles, cuddles and eye contact.

Bilingual Beginnings

Workshops for bilingual families with a child under 5 years, come and meet other parents and find out about the importance of first language when your child is learning English.

Bumps and Babes Storytime

Come along and meet other expectant/new mums and dads, and share stories, songs and rhymes that will help your baby's development. For children under 1 year.

Come Talk with Me

For children aged 2 or 3 years, supporting parents who have concerns with their child's speech and language development.

Introduction to Solids

An opportunity for parents to find out strategies to wean their babies to a milk and food diet, recommended for parents of babies between 4 and 6 months.

Let's Cook in Play and Learn (under 5's)

Sensory session, with food tasting. Ideas for family meals, picnics and lunch boxes. Support with special diets and faddy eaters. Recipes and information to take away.

Midwife appointments Antenatal and Postnatal

Facilitated by Bournemouth Maternity Unit, speak to your midwife to book an appointment.

Parent Forum (children under 5 welcome)

Held twice a year, come and hear our plans for the centre and share your ideas.

Parent Puzzle

A nurturing programme to help parents to develop their parenting skills covering many topics such as why children behave as they do, recognising feelings, approaches to discipline and building cooperation. For parents with a child aged between 2 & 5.

Play and Learn - (under 5's)

Explore activities and new experiences together, designed to support your child's interests, creativity and learning needs. Take away great ideas to try at home too.

Ready, Steady, Go! 1-5 years

To help you support your child to become 'life ready'. With a focus on physical development, confidence, self-esteem, 'school readiness' and improving social skills.

Queen's Park Activity Timetable

9th September - 20th December

last updated 27/08/2019



Activities Queen's Park Children's Centre, East Way, Bournemouth, BH8 9PU 01202 519727

Monday	Tuesday	Wednesday	Thursday	Friday
Let's Cook in Play & Learn 9.30am-10.45am Booking required, please ask for more details £1 voluntary donation per family	Come Talk With Me 9.30am-11.00am (By invitation only) Please ask for more details	Pattern Changing and crèche 9.30am-11.30am 12 weeks beginning 11th September Please ask for more details	Midwife Appointments 9.00am-3.00pm (book with your midwife)	Baby Massage including GroBrain 9.45am-10.45am 6 week programme, £1 per week Beginning 20th September Booking required please ask for more details
Play and Learn and Parent Forum 28th October only 10.45am-11.45am	Antenatal Classes 9.30am-11.00am (book with your midwife) 1st & 3rd Tuesday of the month	Midwife Appointments 12.00pm-3.00pm (book with your midwife)	Ready Steady Go 9.30am-11.00am (By invitation only) Please ask for more details	Bumps and Babes Storytime 11am-12.30pm Beginning 25th October
No cameras, phones or other devices are to be used inside the centre. This is to respect the privacy of families using the	Come Talk With Me 1.00pm - 2.30pm (By invitation only) Please ask for more details	Ready Steady Go 1.00pm-2.30pm By invitation only Please ask for more details	Introduction to Solids 12.45pm-2.00pm 10th October 14th November 12th December	Did you know... you can get careers and adult learning help, advice and course information.

Activities at St Michael's School Site West Hill Road, Bournemouth, BH2 5PF 01202 519727

Monday	Tuesday	Wednesday	Thursday	Friday
Baby Massage 1.00pm - 2.00pm 16th September - 21st October £1 per week Booking required please ask for more details	Play & Learn 1.00pm-2.15pm 10th September - 5th November £1 voluntary donation per family	Play & Learn 1.00pm-2.15pm £1 voluntary donation per family		Ready Steady Go 1.00pm - 2.30pm By invitation only Please ask for more details
Bilingual Beginnings 1.00pm-2.30pm 4th - 25th November Booking required please ask for more details	Parenting Puzzle and crèche 12.30pm-2.30pm Beginning 12th November Booking required, please ask for more details	No cameras, phones or other devices are to be used inside the centre. This is to respect the privacy of families using the centre, thank you		Did you know... you can get careers and adult learning help, advice and course information. Please ask for more details.

Family Support Service

Family Support and Outreach Workers are available
Monday to Friday 8am-4pm
 (Excluding Bank Holidays)

They can offer support to all families in our area who have babies and children birth to 5 years and those receiving antenatal care.

They can offer support such as:

- Concerns over child development
- Managing behaviour
- Sleep routines/eating
- Two's Too Funding
- Alcohol/drug concerns
- Housing
- Benefits
- Advocacy/being a listening ear
- Domestic abuse
- Signposting to other support services
- Transition to nursery and first school
- Opportunities to access courses such as parenting and adult learning

Breast Pump Loan Scheme

Bournemouth Children's Centres run a breast pump loan scheme and are able to offer the breast pump to you at no cost.

Opening Times

Monday– Friday 9.00am-4.00pm

Centre Closures

Tuesday 1st October
 Monday 23rd December -
 Friday 27th December

Safeguarding is Everybody's Business

Are you concerned about a child or young person? Do you think they are not being looked after properly? Are you concerned that they may be neglected or physically, emotionally or sexually abused? Please speak to our Designated Safeguarding Lead Alison Manley on **01202 519727** or call Children's Social Care direct on **01202 735046**

Useful Telephone Numbers

- Children's **Information** Services 01202 456222
- Citizens Advice Bureau 0844 4994105
- National Domestic Violence Helpline 0808 2000247
- Samaritans 08457 909090
- Police (Non-Emergency number) 101
- Parentline 0808 8002222
- Bournemouth Police 01202 222222
- NHS Direct 111

Local buses

For Queens Park Children's Centre,
 Charminster Road - R3
 For St Michael's School site, Poole
 Road, Poole Hill - D1, H1, R1, R2, U8